**Programs and Services**

* The St. John’s Status of Women Council/Women’s Centre
  + Mondays 10am-11am
  + The Mama Coach - Kayla Shea and Erin Law are in charge of the support group at the center.
  + The goal is to start community connections and to provide professional support.
  + They will also do smaller things such as having the baby weighed.
  + They say that space is limited to allow for social distancing, so sign up as soon as you can.
  + This is the link to sign up: [**https://themamacoach-kaylashea.janeapp.com/**](https://themamacoach-kaylashea.janeapp.com/)
  + Kayla Shea also does 15 minute consultations for free.
    - She acknowledges that motherhood can be challenging and sometimes people need to talk.
    - The same link above can be used to book a phone appointment!
* First Light Baby & Me
  + This program is available for children ages 0-2.
  + The program promotes child-adult bonding by stimulating fine and gross motor skills, communication, sign language, yoga, massage, nature walks, etc.
  + This program aims to promote childhood growth and development.
  + According to the website it takes place on Tuesday mornings @ 11-2 at the First Light Headquarters (716 Water St.) <https://firstlightnl.ca/program/baby-and-me/>
  + For more information contact Kathy Walsh at [kathy@firstlightnl.ca](mailto:kathy@firstlightnl.ca)
* Day Break Health Baby Club AND Baby & Me
  + Before the COVID-19 pandemic there were three separate groups, now 2 have been combined.
  + One is for newcomers to Canada and is run in partnership with the Association for New Canadians.
  + One is for youth and one is open to anyone else we have a referral for.
  + The youth group and the general admission group hav been combined.
  + These groups involve meeting regularly for a discussion of a topic relevant to the perinatal period, a snack or meal, and a space to answer any questions participants may have.
  + They also offer a Sobeys gift card to support the pregnant person's nutrition during pregnancy.
  + The program is ongoing throughout the year and new participants can join whenever there is space and stay until the delivery of their baby.
  + After the baby is delivered they will remain in contact for support and to transition them to their new parent groups.
  + Baby and Me is another program they run as well as many playgroups for parents and young children.
  + They try to accommodate every schedule so if someone would like to get out with their babies, toddlers and preschoolers they can do so easily.
  + Rhonda collects the referrals and she can be reached @ 726-8373.
  + Here is a link to the website with an overview of the programs offered at Daybreak Community Programs: <http://daybreakcentre.com/programs/daybreak-community-program/>
* Online Perinatal Support Group
  + Hosted by Dr. Archana Vidyasankar (psychiatrist), Dr. Shannon Edison (Beacon Centre), and Emma Duke (Social Worker & Dula).
  + This group is offered online over zoom on Wednesdays @ 3:00.
  + This group is for people who are pregnant and parenting up to 18 months.
  + This group aims to connect parents and create a safe space for peer support.
  + Too register contact [onlinepreinatalnl@gmail.com](mailto:onlinepreinatalnl@gmail.com)
* Mother Baby Nutrition Supplement Program
  + <https://www.gov.nl.ca/ipgs/income-support/nutritionsupplement/>
  + This is a monthly financial benefit for low-income pregnant mothers and families with children under the age of one.
  + The applicant must be a permanent resident of Newfoundland and Labrador.
  + It is intended to help with the cost of extra food during pregnancy and infancy.